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OBSERVATIONS ON THE CLIMATE, &c. OF SANTA CRUZ.

[Continued from page 364.]

ANOTHER, and not less important topic of caution, is exercise. It is not the least interesting of the objects for which an invalid leaves home for a warmer climate, that he hopes there freely to go abroad, and to see a softer sky than his own, and to breathe a milder air; and in a walk, or a ride, or a drive, to enjoy the beauty of a tropical verdure; and, under all these influences, to feel an exhilaration of his spirits, and a renovation of strength, for which he could hardly have hoped in a confinement here of six months to his chamber. And all these hopes may there become to him realities. But, that they may, he is never to lose sight of the facts, that from 9, or half past 9 in the morning, till 4, or half past 4 o'clock in the afternoon, whatever exercise he may require, should be taken within the house. Within this interval, the heat without will be too great and enfeebling for him. He cannot be exposed to it but for a short time without some loss of power. Whatever, therefore, shall be his out-door exercise, it should be taken before breakfast, and an hour before sun-set. An early riser, and such should be every invalid who is capable of taking exercise, may have two hours in the outer air before breakfast. He will find, however, that he can walk but little. He must have at command a horse, a pony, or a gig. Ponies are almost exclusively used for riding in Santa Cruz, and may be hired at from \$12, to \$16 a month, subject to your call whenever you may be disposed to use them. Yet great care is to be taken in hiring these animals, as very many of them are unsure of foot. Nor is much confidence to be placed in an assurance of their safety by many who keep these animals for hire. For a very poor horse and gig, \$30, or \$34 a month will be required. For a horse, with a good four-wheeled chaise, \$40 a month must be paid; and for a carriage which will contain three beside the driver, from \$60 to \$70 a month. The roads throughout the island are highly favorable to the enjoyment of a ride, or a drive. They will compare well with good English roads. And the rides and drives around West End are very beautiful. Those about Bassin are as good, as far as respects the roads, but more hilly than about West End, and far inferior as to scenery. During the months of December and January, I found it important always to have with me both my surtout and umbrella, on account of the sudden, though short showers, to which we were exposed. But there are very few days through the winter in which sufficient exercise may not be taken in the

outer air, both in the morning, and at the close of the day. This circumstance, taken in connection with the excellence of the roads, and the universality with which the English language is spoken there, will go far to recommend this island to those who shall intend to leave home for the recovery of their health.

In the third place, it should be understood, also, that throughout the West Indies, houses are everywhere constructed with a special reference to the freest circulation of air through them. Yet even a West Indian is careful not to sit in a draft. Or, if this cannot be avoided, or he is willing to incur some hazard for the enjoyment of a cool breeze, to use his own expression, he "faces the enemy." He sits with his face, rather than with his back, towards the wind. Severe colds are taken by exposure to these drafts, and invalids should most carefully avoid them. They will hear many admonitions upon this subject, and it will be well to regard them. Some self-restraint and denial will sometimes be thus required, for the coolness of these drafts is sometimes most delightful to the heated body. But let it not be forgotten, that they may themselves be the occasion of a heat, far worse than any which is produced simply by fatigue; and it will be a small compensation for the confinement and suffering of a fever, that it was incurred by an indulgence, by which the pleasure of an hour was obtained.

Again. Great care will be required in regard to food; or rather, in regard to the temptations to which invalids will be exposed to a very improper and injurious indulgence of appetite. Before an invalid shall have been sent to the West Indies for health, he will probably have been for some time upon a restricted diet at home. Much that might have gratified his palate, will there have been forbidden him. He will have used but little stimulating food, and will altogether have avoided stimulating drinks. Nor will he, during his illness at home, have taken a full meal even of the simple substances by which he has been nourished, and sustained. He will have been accustomed, also, to take his food at times prescribed with a special reference to his own case. Upon his arrival at Santa Cruz, he will find that the breakfast hour is 8, or more probably half past 8 o'clock; and on the table will be green and black tea, and coffee; eggs, fried fish, cold and hashed meats, potatoes, butter and cheese, and new and stale bread. The hour of lunch is 12 o'clock; and for this meal will be provided mush melon, oranges, mangoes, sapadillas, bananas; and perhaps the sugar apple, the belle apple, a grana-dilla, some form of pastry, and in some cases cups of prepared sago, or of rice. At dinner, which is at 3, or half past 3 o'clock, boiled and fried fish will be upon the table, roasted beef or mutton, and poultry either roasted or boiled; ham, Irish and sweet potatoes, cabbage, and fried plantains. These having been removed, will be followed by puddings, pastry, and fruits similar to those provided for lunch. And at tea, at 7, or half past 7 o'clock, there will be green and black tea, two or three kinds of preserves, and bread and butter. Here, then, a sickly and capricious appetite may be strongly excited to an indulgence, in respect both to the quantity, and the quality of food, which will occasion injuries, which no climate can remedy. The fruits of this island are so

very far inferior to our own, that an invalid will be very partially satisfied with them as food; and the smell of the butter will inform him of its quality, and admonish him to abstain from it, before it shall reach his lips. As to excess in the last of these, therefore, there is no need of caution. But I would earnestly recommend a very temperate use of meats, and a very cautious use of preserves, if not even a total abstinence from them. During the last fortnight of my residence in St. Croix, I boarded in a family with a few of my friends who had agreed to dispense with a lunch, and to dine at 2 o'clock, instead of half past three. This I found a very useful and agreeable change with respect to meals. But I should not be faithful to an invalid who thought of going there, if I did not inform him, that he will probably be advised to a moderate use of wine, or of weak brandy and water, in cases in which not one of his medical friends here would sanction the advice. The opinion is there almost a universal one, that stimulating drinks, to a certain extent, are indispensable for counteracting the enervating tendencies of a temperature, under which it is thought that the most vigorous frame must otherwise sink from exhaustion. This, however, it is now well known among us, is a very great mistake. I so far yielded to this advice, as to take a glass of wine with my dinner on each of four successive days. This wine I mixed with water. But the consequences of having taken it were, a slow fever for a few days, and an increased irritability of my lungs. It will be well for an invalid, therefore, if he shall leave his home with a resolution, that he will seek a restoration of his strength in the only way in which the enfeebled vital energies are to be renewed; that is, by exercise, and by nutritious food taken at proper times, and in proper quantities. Specifications in respect to diet, my dear friend, I leave to be given by yourself. But you will allow me to add, that a physician will have discharged but half his duty to his patient, if he shall have sent him to the West Indies unadvised of the new condition in which he will there find himself, and unadmonished of the care he should take in respect to his clothing, to exposure to drafts of air, to excess in exercise, and to the indulgence of his appetite.

Another caution may be of no small importance. Should an invalid find himself recruiting under the bland influences of a Santacrusian winter,—that his worst symptoms of disease have disappeared, or are scarcely felt, and that his capacities of exercise and of enjoyment have been, and are daily strengthening, it is probable, and almost certain, that he will daily be looking, and with a daily increasing interest, to the time when he may return to his native air, and to his home. If he were there for the purposes of a business which must daily occupy his thought and care for a definite time, he would patiently await the arrival of that time. He would feel it unmanly to yield even to the strongest rush upon his heart of the sentiments of home. Not so, however, is it with the invalid. While he shall be there, he can never for a moment be brought under the illusion that he is at home. There is so little there which will harmonize with his sentiments of home, his associations with it, and his happiness in it, and so much that is discordant with all these, that whether he shall be gaining strength, or losing it, whether he shall

daily be acquiring confidence of prolonged life, or fearing its speedy termination, his thoughts, his cares, his desires will ever be tending to the home he has left, and to the scenes and interests to which he will be solicitous as soon as possible to return. Even if, before he shall have left his home, he shall have fixed the date of his departure for a return to it, he will find himself under many and strong temptations to anticipate that date; and to return at a season, it may be, very far more unfavorable to his recovery, than was that in which he embarked for a milder climate. A considerable number of those who went to Santa Cruz last autumn for their health, left the island for the United States in the following March, and others in April. They arrived here, therefore, to be exposed to the cold damps of our east winds, under all the increased susceptibilities to their influence which had been acquired under the summer temperature in which they had passed the winter. I have indeed heard of results only in one of these cases. In that, however, of which I have heard, they have been as unfavorable as might have been anticipated. Dr. Stedman, the most eminent physician of the island, said he did not wish to see an American there after the 10th of May; because, after that date, the temperature was too enfeebling for those who had come there from a colder region. And yet, having myself left Santa Cruz on the evening of the 8th of May, and having arrived in Boston on the 27th of that month, and moreover having used all possible precautions against taking a cold, I yet not only suffered, but was made ill for some days, from the chilling influences of our east winds in June. I would therefore not only advise an invalid from New England not to leave Santa Cruz before the 10th of May, but, upon his arrival in New York, or in any port north of it, at once to go to Philadelphia, or to Baltimore, or further south; and to make the last week in June, or the first in July, the time of return to his home. There are indeed seasons in which our June climate and weather are as perfect as weather and climate can be. So, however, they were not last year, and so they have not been this year. Nor, till July, can we here look with confidence to the settled weather, and the equal temperature of summer.

In this connection I feel compelled to remark, that, of those who were sent by their medical friends to Santa Cruz last autumn, or in the beginning of last winter, there were cases, in which it seemed that the diseases under which the individuals in question were suffering, must have been of a sufficiently decided and marked character at home, to have made it certain that no change of climate could have changed the character or tendency of their disease. I am aware that the difficulty may be great, in certain cases, of forming a correct and satisfactory judgment of the extent of disease; and, that the office may sometimes be a very painful one, of saying to a patient who is greatly anxious for life, and perhaps equally anxious to go abroad in the hope of prolonging it, "you are too far gone for recovery; and the term of life which is before you may be made far more comfortable at home." Yet where there is a decidedly prevailing opinion in the mind of a physician, that his patient must die of the disease under which he is suffering, I

would say to him, "for mercy's sake, do not send this patient abroad. Do not expose him, in his feebleness, and with a racking cough, to the dreadful discomforts of a voyage under these circumstances. Do not send him to suffer among strangers, who, however kind they may be, cannot meet those wants of the heart, which are to be met only among friends. Do not send him from home, and expose him to all the cravings of his soul for a home to which he can never return." No one has been abroad, and with the sick who have been sent to die abroad, who has not strongly felt, that the imagined kindness, which has been exercised in sending one to die far from his home and friends, is little better in its results than the utmost possible refinement of cruelty. "May you die among your own kindred!" says an Oriental to a friend who is leaving him. And, "let him die among his own friends!" I would say to a physician, who strongly doubts of the recovery of any one who is in his medical care.

As far as my observation and capacity of judging enabled me to form a correct opinion upon the subject, I was led to the conclusion, that there were but two classes of invalids among those who passed the last winter in Santa Cruz, who derived any considerable benefit from the change of climate for which they went there. These were, first, patients suffering under pulmonary affections; and secondly, those who had suffered from rheumatism. The relief found by this last class of patients was very great. And great also was the relief experienced by those who had not passed the first stages of pulmonary affections. But if ulceration have begun in the lungs, I believe that it will not there even be retarded in its progress. I was told, indeed, by physicians there, that in decidedly consumptive cases, disease is much more rapid in the tropical regions, than with us. Persons of biliary habits will suffer more from them there, than at home; and will be more exposed than any others to prevalent intermittent fevers. And, for the healthy, the last change to be sought for gratification, is a residence in the West Indies. It will be at no small cost of physical, as well as of intellectual and moral enjoyment, that one who has health, and who knows how to use it, will unnecessarily pass even five or six months there.

The temperature of Santa Cruz is indeed generally a very grateful one to an invalid. It is often even delicious. But the heat is sometimes very debilitating; and it is always too great either for much intellectual, or physical effort. Except at early morning, the whole of which should be appropriated to gentle exercise abroad, no one even in health will there be disposed to any further use of his pen, than will be required to keep his friends informed of his condition; and hardly will it be possible that even a Creole should be a student. History may be read, but it will be more for amusement, than for instruction; and an hour or two of the day may be given to any books which will require no strong application of attention in reading them. But any one, and especially an invalid, will soon find it necessary to relinquish the book, which either forcibly turns in his thought upon himself, or which strongly engages it upon outward, and greatly interesting concerns. He will be able to concentrate attention upon any subject but for a short time without loss. In

these circumstances, amusement becomes a leading object of life ; and happy will it be with those, who can find amusement in books which will lightly employ thought, without either depraving or fatiguing it. An invalid, who shall have a taste for well-selected books of this class, will have immeasurable advantages, under a tropical sky, over those who have not such a taste. But, if he would read such books in Santa Cruz, he must carry them with him. There is no book shop, nor is there a public library in the island. He will there be told of two or three book clubs, by which a few volumes are annually imported for circulation among the members of those clubs ; and he may find a few volumes in the house in which he may be a boarder, or a visitor. But these he will find a poor dependence. A well-selected, but small stock of books, I should therefore consider as scarcely less important for an invalid there, than clothing appropriate to the climate. There were, I think, two hundred and thirty Americans in that island last winter ; and a sufficient number of these were invalids, to make the place nothing less than a large hospital. What would have been the habits of thought and feeling in these invalids, if they had remained at home, and separated from each other, and amidst all the associations and interests of scenes of former life, I cannot tell. But the fact there was, that in their daily comparison of notes with each other, of pains, and of relief from pain, and by the knowledge daily received and communicated of each others' condition, and hopes, and fears, in respect to health and illness, a most unhappy influence was often exerted upon the mind ; and especially of those, who depended upon intercourse and conversation alone for mental employment and gratification. I have not a doubt that disease is often aggravated by the thought and care concerning it which are so induced. A diversion of attention from one's self, in this respect, and to a certain extent, is not less important than are the thought and care of their condition which are required of patients ; and if this diversion is not to be found in books, there is danger at least that it may be sought in ways less exceptionable, as well as less effectual.

Among the most hazardous of the circumstances of leaving home, to many, and especially of a residence of some weeks or months abroad, is in the feeling which is awakened, that we are there warranted in indulgences, which at home we could not justify in ourselves, and should condemn in others. Because they are from home, it is thought by too many that they may act without the restraints of home. They are not aware that they are thus giving the strongest possible evidence, that their restraints and regularity at home were the results of policy, and not of principle ; and that all their watchfulness, and abstinence, and correctness of deportment, which they had thought were virtue, and perhaps christian virtue, were but means to ends as essentially selfish, and worldly, as are any by which the most openly selfish and worldly are actuated. On this topic, therefore, I would say to an invalid, "in going from home, resolve that you will act in everything, as far as you may, as you would have felt it your duty to act if you were at home. Wherever you may be, faithfully carry out the principles of right, and obligation, which you would profess among your nearest and dearest friends.

As an invalid, your mind demands exercise, not less than your body ; and I do not hesitate to say, that a principal end of this exercise should be, amusement. Let thought, therefore, and reading, and conversation, be upon subjects and interests by which the mind may be amused, as well as exercised. But let all your amusements minister as well to a healthy state of the mind, as of the body. In escaping ennui, you will have done something, and perhaps much, for escaping disease. And in maintaining always, and in everything, an enlightened sense of right, and duty, you will possess at once one of the best mitigations of suffering, one of the most important aids in the recovery of health, and the best possible security for the enjoyment of health, should God be pleased to restore to you that blessing."

[To be continued.]

DR. FISH'S REPLY TO DR. GOULDING'S REMARKS ON EMBRYOTIC INFLUENCES.

[Communicated for the Boston Medical and Surgical Journal.]

By looking over the last number of the Medical and Surgical Journal, I perceive that Dr. Goulding, from a good spirit or bad, from a feeling of human kindness, or from some other feeling, has seen fit to offer some observations upon "Embryotic Influences." He has taken hold of the matter with such engagedness that I am somewhat wound up, finished, or kilt, as my next-door neighbor would express himself. I must rally my intellectual forces, and parry off the thrusts. "An essay of this kind, in this enlightened age," says Dr. G., "requires some notice." He had hoped that this absurd notion had long since been exploded, or that it might be confined to the weak minded and the illiterate. He is not so sure but that he is correct now, I suppose, in regard to the latter.

"That the imagination can exert an influence upon the child in utero, is as contrary to reason and scientific principles, as it is to nail a horse-shoe over the house-door to keep the witches out." This, if it does not confound all my reasoning upon the subject, will pass for a witty expression. But why is it contrary to reason? The great, the learned, and the scientific Dr. Darwin believed in an influence more remote, and apparently more unreasonable. He believed that the imagination exerted an influence upon the future offspring before it was so far evolved as to exist in utero. It is as easy to call *this* absurd, if mere say-so will make it so, as the other. We hear of greater influences than even this, and still they are not confined to the weak minded and illiterate. Professors and presidents of colleges believe that the imagination exerts an influence upon other persons, even to the removal of diseases and bodily pains. I am not the only one besides women and children that has believed in embryotic influences. Even Dr. G. acknowledges that it has been believed from time immemorial, and by the scientific, too, because they belonged to the medical profession. I recollect not as this was disputed until some fifty or sixty years ago, when a member of the profession thought he perceived inconsistency in such a sentiment, and

wrote against it. Perhaps he was correct, and perhaps he was not. Whether he was, or not, *matters* not as far as it respects what I have advanced, for the influences which he treated of, were of quite a different order from those which I have referred to. Dr. G. says it leads to the same thing. Were it not for spinning my article out to too great a length, I could perhaps convince him of the contrary.

Dr. G.'s "facts," with his remarks upon them, go some ways towards displaying his wit, but they go no further to disprove the doctrine towards which he feels such an antipathy, than, to use a negro expression, "to stick your hand in the fire." There are prescribed rules for everything. A woman, though she might not bring forth a saw-mill, because she passed by one that was in operation, might become the mother of a child with black eyes, oval cheeks and plump forehead, when neither herself nor the father of her child were distinguished by these traits, from some powerful impression produced by its appropriate object. A woman might think strongly of a griffin, a gorgon, a flying dragon, and still, upon her accouchment, present her husband with a lovely child, because it was beyond the power of her imagination to produce imitations of these non-naturals. Thus Dr. G.'s witticisms will not apply, and must be looked upon as altogether unrequired and gratuitous.

To restrict the subject to its proper limits, what if there is no nervous communication between the mother and the fœtus in utero? There is a venous and an arterial communication. Which is it, the nerves or the arteries, that transmit, through the medium of the ductus umbilicus, the selected living corpuscles to complete the formation of the future offspring? The nerves do not do it, certainly. Dr. G. may think, however, that though it may be conveyed by the nerves, it should be the office of these filaments to apply it to its proper use, in order to form the resemblances which have been spoken of. Here, then, we have something to extricate us from our apparently inextricable dilemma. The mother has nerves to separate the requisite materials from the blood, and the child has nerves to apply them to their proper use. Here is an evidence for you, that will withstand everything. Perhaps I ought to add a few others, if it were for nothing more than to keep it company, and render it more imposing. Were it not for the fear of eliciting more jibes, and exposing myself too much to the doctor's sharp-shooting, I would present a little further testimony in favor of the doctrine of which I have only given the outlines. It is not a very enviable situation to place one's self in, where he must receive the brunt of the satirist's wit. He likes not to hear, in allusion to what he has said, "a child born with a bunch of grapes upon his back;" the little infant with the "raisin upon its leg;" the woman running as if Old Nick and all was after her, "a quarter of a mile, with both arms extended before her." These, and the "ten thousand more" referred to, that "might" be mentioned, which are now of course in reserve, somewhat intimates a man that puts a proper value upon the reputation he deems himself to be favored with. But I will not be a coward, after all. I will just ask Dr. Goulding if there is anything more wonderful in the influences which are the objects of contention, than there is in the fact that

the mother's milk is sometimes so affected by the suddenly excited passions of her irritated feelings, as to occasion the death of her child. Perhaps he may call this the "absurd notion of the weak minded;" but it is related by persons who have a fair standing upon the literary arena.

By following Dr. G. up in his observations, it can be ascertained why he has entered so warmly into the subject as to intimate that he considered it a crime to teach any other doctrine than that which he himself believes. He has a yearning sympathy for the woman; and if his fears are well founded, he ought to be applauded for it. "It renders the condition of the woman," he says, meaning such sentiments as I have promulgated, "deplorable during the term of her gestation." "Her nightly imaginings are those of horror, and her day-dreams participate of nothing calculated to afford relief," &c.

Certainly the thought never entered my heart that I was doing so much injury. I did not think I was so debased, so consummate, so reckless and cruel a villain. I even thought that I experienced a proper feeling towards that portion of the community, that administers so much to the comforts, the consolation and the happiness of our own sex. What atonement shall I make for my criminality? Would that I could blot from my by-gone days the day and the hour in which I employed myself in penning such an article! As this cannot be done, would that I could blot from the 22d number of the *Medical and Surgical Journal* the pages which contain the offending article, and then I would commit the manuscript to the flames! Could I have had but a particle of forethought about me when I scribbled what I thought but little of when I was writing it, and less of afterwards, how many agonizing pangs I should have saved from the mothers that are to be, and sleepless and anxious nights from Dr. Goulding. I have now nothing to console me but the thought of an immortality that is to occur to me, similar to that which was sought for when the magnificent structure of the temple of Diana was burnt by a person who despaired of perpetuating his name in any other way.

But I will not give up all hope of attaining a better immortality. There is hopes of a sinner until the expiration of the eleventh hour. It may be that ardent repentance will wipe away the guilt from my offending heart. To take a review of the subject, too, it does not seem that what I have done is calculated to produce so great an injury. In the first place, the female portion of the community do not trouble themselves much about medical publications. If they chance to read an article, they enter not much into the spirit of it, and treat it with too much indifference to repine at what might not be exactly agreeable to them. If they should look at it in its most dubious light, their versatile and elastic minds would buoy them above the evil which it presaged, and we should find them with the same smiling faces and cheerful looks as before. They are not that weak-minded, superstitious, whimsical set of beings that Dr. Goulding is disposed to consider them. They have as much patience to endure pain, as much fortitude to endure affliction, and as much philosophy to buffet the ills which life is heir to, as the boasted lords of all that is made. Now and then a single indi-

vidual may seem to be afflicted from imagined evils; and if she is enceinte, she may have painful forebodings in regard to her future offspring. She may fear that it may be modelled with the physiognomy of the snake, marked with the features of the toad, or impressed with the grim visage of the elephant, and what I have written will tend in no way to ease the matter. Neither will it tend to increase it, for it is a thousand to one whether she ever heard of me or perused a syllable that I have written. Such sentiments as mine will be no more calculated to do hurt than a thousand other things—not half so much as the every-day objects that present themselves. Women are subject to excitement—to be operated upon by the impulse of the moment. They are nervous, as it is called, in many instances, but not a whit more so than man is; not so much so as Dr. Goulding has discovered himself to be. They are more disposed to be operated upon by such a feeling during the period of utero-gestation than at other times, but so also are their husbands. In numbers of instances I have known men so foolish as to believe that all the suffering during that period had fallen upon *them*, and have laughed to see them spit, and hawk, and loathe their food, and try to vomit; but I never knew women make so much ado about it, or appear to be so much afflicted when they were not so fortunate as to have husbands to take the burthen off of them. But what I was going to say, is, and I had like to have lost sight of it, that the squall of a cat, or the chirp of a mouse, would have ten times as much effect to occasion this nervous excitability, as all the philosophy or the pretended philosophy they ever heard of. It must be, therefore, that a physician that is operated upon by so much fear in regard to the opposite sex, as Dr. G. appears to be, is affected, not with monomania—I will hope better things of a brother physician—but with a sort of idiosyncrasy.

After all, I cannot think that the doctor feels so bad as he pretends. I cannot but hope that, were he to write again, he would not try to thrust his opponent into the back ground altogether by the splendor of his wit, but that he would interlard it now and then with solid argument. Upon a philosophical discussion, whether the premises are false or true, argument is more useful than satire, and one solid argument would lay a falsity dead beyond the power of anything to resuscitate it; whereas a hundred shafts of the satirist might not kill it so but that it would revive again. But I am extending my article to too great a length. I must ask the forbearance of the readers of the *Medical and Surgical Journal*, not only for this, but for past offences, and must endeavor, should I again appear in its pages, to so graduate my sentiments, and so temper the spirit of them, as not to affect the too easily excitable and morbidly sensitive feelings of Dr. Goulding.

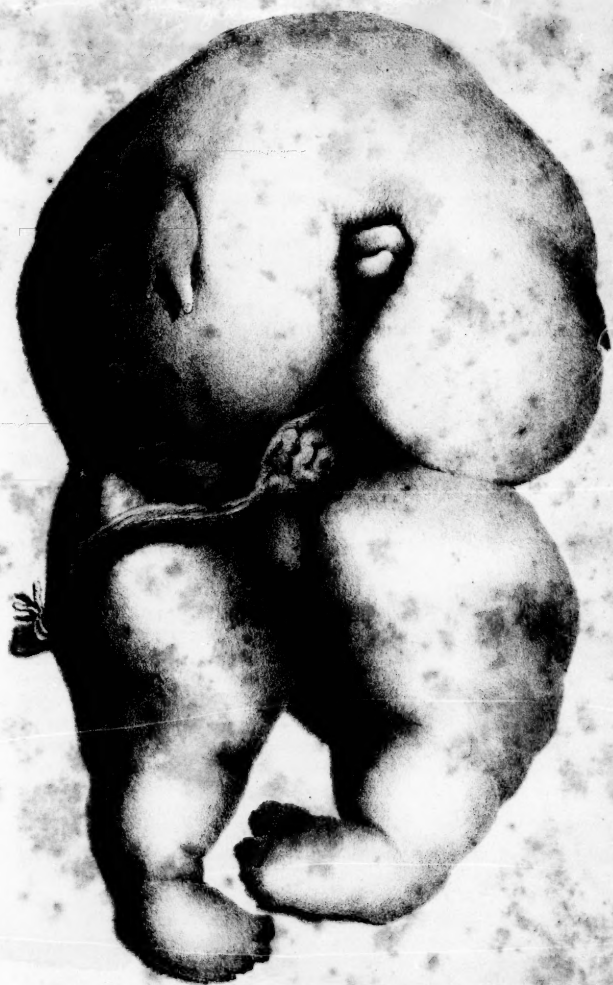
Boston, July 8, 1837.

SAMUEL FISH.

CASE OF MONSTROSITY.

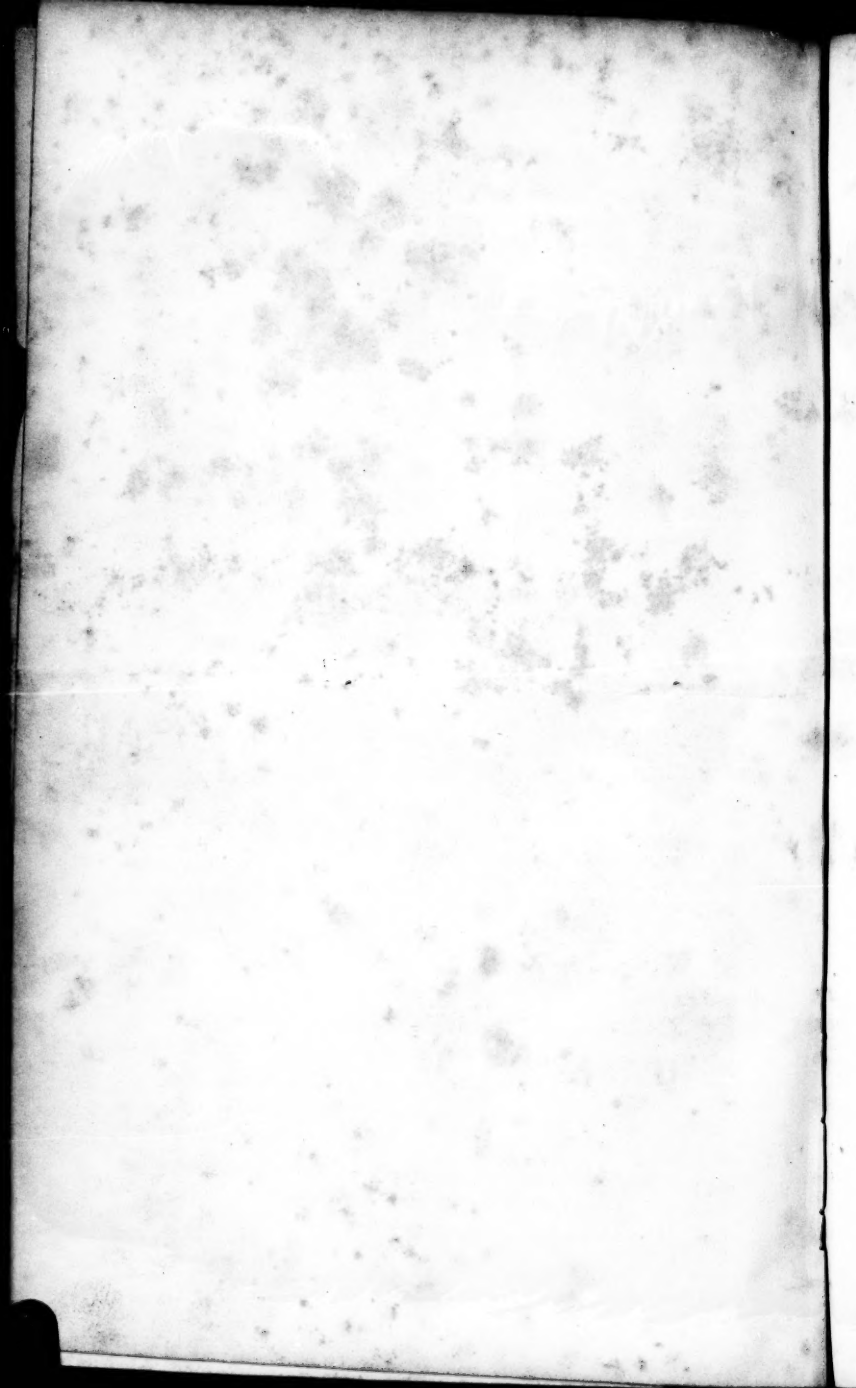
To the Editor of the Boston Medical and Surgical Journal.

SIR,—I attended the labor of Mrs. B., on the night of the 25th of June, at the request of my medical instructor. Nothing uncommon



From nature & on stone by J.P. Colman.

Moore's Lick Bait.



occurred in the delivery, till after the birth of the first child, when, somewhat anxious about the retention of the placenta, I passed my hand up the vagina, and found another child descending, which has turned out to be a "*lusus naturæ*;" a perfect representation of which may be seen in the enclosed plate, drawn by Mr. James Colman, student of medicine.

In the plate are represented the rudiments of a hand, the umbilical cord, with hernia; and in the place of the organs of generation, an amorphous mass, bearing no resemblance to those organs. Above the umbilical cord, are two small bodies surrounded with hair, and exactly resembling the male organs of generation inverted.

There is also seen, though, from its situation, it could not be perfectly presented in the plate, a small body occupying the place of the left arm. The anus was imperforate. The deformity of the lower extremities is well exhibited in the drawing. Mrs. B.'s age is twenty; she has been married three years, and has one child living. She miscarried in August last, since which she has been in rather poor health, though able to be about. Nothing, so far as I can learn, has happened during her pregnancy to cause so remarkable a deformity.

The monstrosity referred to, has been presented to the Boston Society for Medical Improvement, and will be deposited in their cabinet. Its dissection will doubtless be extremely interesting. At present it would seem to belong to the *acephali*, or headless monsters. Whether this is actually the case, or whether it is merely a micro-cephalus, will be determined by the examination.

Dr. Cummin, in his lectures on "Forensic Medicine," published in the London Medical Gazette, says of the former, "These constitute a large proportion of the monstrous births usually met with; they are very common in twin cases. Sometimes not only the head is wanting, but the neck; the arms are also occasionally deficient, and likewise the chest; the abdomen and legs remaining. In such cases all those organs which ordinarily receive their nerves from the parts that are absent, are themselves deficient. No species of monstrosity, so complete, excludes the idea of viability."

Your obt. servt.

Boston, July 10, 1837.

WARD NICHOLAS BOYLSTON.

P. S.—Since the above was written, the specimen referred to has been dissected by Dr. J. B. S. Jackson, an account of which will be communicated to the profession hereafter.

BOSTON MEDICAL AND SURGICAL JOURNAL.

BOSTON, JULY 19, 1837.

DIRECTIONS FOR THE ESTABLISHMENT AND GOVERNMENT OF LUNATIC ASYLUMS.

THE above is the title of a pamphlet of 50 pages, translated from the French of Briere De Boismont, M.D. by E. Quincy Sewall, M.D., and

republished in the third volume of the Transactions of the Medical Society of the State of New York. It was a prize memoir on a question proposed by the Society of the Medical and Natural Sciences at Brussels, for the year 1834, and is replete with useful facts and suggestions, calculated to furnish valuable information on a subject which has recently excited great interest in the community. The author appears to have been a physician of considerable experience in this disease, has visited most of the principal Asylums of Europe, and availed himself of the latest views of the most distinguished French and German physicians, in the construction of his essay. He considers the subject under the three heads of the Situation, Arrangement, and Government of Insane Hospitals.

In connection with the first head, he gives the preference to an elevated, dry locality in the country, surrounded with a varied and undulating scenery, sufficiently near some city to be within reach of a constant supply of fresh provisions, and yet so far removed from it as to prevent those excitements and annoyances which are occasioned by being exposed to intrusive visits and witnessing the stirring scenes and events liable to take place in the midst of a crowded population, and which cannot be regarded otherwise than prejudicial to a disordered mind.

It will long continue to be a problem, what plan of construction is best adapted for insane hospitals. It is desirable to combine rapidity of inspection, facility of intercourse, airiness, economy of outlay and expenditure for labor, with the total absence of everything appearing like a prison or penitentiary. The views of Esquirol and other French physicians, who recommend a large number of separate pavilions with only a basement story, are opposed with much reason. The considerations that have been urged in their favor, are more than counterbalanced by others on the score of economy and concentration, and most of them may be obviated by a due discrimination in the classification of patients.

Dr. Boismont would recommend, in a suit of buildings disposed in the form of a square, two stories high, three pavilions for patients under treatment, and five for the incurable, the epileptic, and the sick, of each sex; with a centre building, containing three suits of rooms for the officers, convalescents, chapel, dispensary, stores, kitchen, &c., surmounted with a cupola from which every part of the establishment may be surveyed.

In relation to the internal arrangement and hygienic regulations, will be found, as might be expected, many important observations. On the subject of ventilation and cleanliness, he is minute and practical. He dwells also at some length on the necessity of allowing a generous diet to most classes of insane patients. It appears to us, however, an error to restrict that of patients under high excitement. The wants of the system are at that time greater, while the process of digestion itself, operates as a sedative. Should undue accumulation of blood take place, it might be easily remedied by the lancet. Besides, experience in the New England hospitals proves abundantly the good effect of allowing patients to eat as much as they will. The size of the cells and dormitories, the materials with which they should be constructed, their furniture, the means of regulating their temperature, the personal habits of patients, their clothing, occupy a share of his attention. The torpor, or insensibility to cold, manifested by some patients, it is observed, is no proof that they are insusceptible to its effects. Various disorders arise from cold where this torpor prevails, and, among others, three cases of

tetanus are instanced, showing the injurious consequences of neglect on the part of keepers. To this class of persons a great responsibility belongs; on them much depends. Their influence on the recovery of patients is second only to that of the physician himself; indeed his own efforts will be fruitless, however well directed, unless seconded by faithful and judicious attendants. They should, therefore, be selected with the utmost care. Every incentive to the faithful performance of their duty should be before them. They must be animated with higher motives than the mere prospect of earthly gain, or they will be eye-servants. In many of the French hospitals, advantage is found from employing those that have been themselves insane.

The author closes with some judicious remarks on the character and qualifications requisite for the physician of an insane asylum. Of course we cannot follow him through them. But there is one point in this connection that demands consideration. Much of the success in the treatment depends on his having constant familiar intercourse with his patients. In this way only can he acquire that accurate information of character and temperament, and that intimate knowledge of diseased manifestation, which will enable him to apply his moral remedies with the nicest discrimination and the happiest effect. What, then, will be the consequence of establishing institutions on so extensive a scale as that contemplated by the State of New York, unless it be the sacrifice of one of the first conditions necessary to the successful treatment of insanity, by destroying this intercourse.

The value of this essay is enhanced, in no small degree, by tables illustrating the cost of construction, of repairs, and of the daily expenses of various establishments in France. It presents, on the whole, so great an amount of new and interesting information on this subject, that its translation, and republication in this country, must be regarded as peculiarly opportune, when the attention of several States is turned towards erecting asylums for the insane.

NEW HAMPSHIRE MEDICAL SOCIETY.

To the Editor of the Boston Medical and Surgical Journal.

SIR,—Should the following proceedings of the New Hampshire Medical Society, at the last annual meeting, be deemed worthy an insertion in the Journal, it is at your disposal.

JAMES B. ABBOTT, *Sec'y.*

Loudon, July 7, 1837.

The forty-sixth annual meeting of the New Hampshire Medical Society was holden in Concord, at the Phoenix Hotel, on the 6th and 7th of June last.

Reuben D. Mussey, M.D., Hanover, was chosen *President*.

Enos Hoyt, M.D., Northfield, *Vice President*.

James B. Abbott, M.D., Loudon, *Secretary*.

Nathan Sanborn, M.D., Henniker, *Treasurer*.

COUNSELLORS.—*Centre District*.—Elijah Colby, M.D., Concord.—Jacob Straw, M.D., Henniker.

Western District.—Samuel Webber, M.D., Charlestown.—J. Bachel-der, M.D., do.

Strafford District.—John P. Elkins, M.D., New Durham.—Noah Martin, M.D., Somersworth.

Rockingham District.—Thomas Bassett, M.D., Kingston.

Southern District.—Matthias Spaulding, M.D., Amherst.—Micah Eldridge, M.D., Nashua.

Grafton District.—Daniel Oliver, M.D., Hanover.—R. D. Mussey, M.D., do.

CENSORS.—*Centre District.*—James B. Abbott, M.D., Loudon.—John C. Page, M.D., Gilmanton.

Western District.—Amos Twitchell, M.D., Keene.—John B. Dousman, M.D., do.

Strafford District.—J. A. Smith, M.D., ———. Stephen Drew, M.D., Milton.

Southern District.—Daniel Adams, M.D., Mount Vernon.—Noah Hardy, M.D., Hollis.

Grafton District.—R. D. Mussey, M.D., Hanover.

Rockingham District.—Thomas Bassett, M.D., Kingston.

Thomas Chadbourne, M.D., Concord ; Thomas P. Hill, M.D., Sanbornton, *Delegates to the Medical Examinations at Hanover.*—Moses Hill, M.D., Northwood ; Richard P. J. Tenney, M.D., *their Substitutes.*

Orators for 1838.—Joseph H. Smith, M.D., Dover.—David Wells, M.D., Deerfield.

Chosen to prepare a History of the N. H. Medical Society.—Thomas P. Hill, M.D., Sanbornton.—James B. Abbott, M.D., Loudon.

Dr. Thomas Bassett, Kingston ; Timothy Haynes, M.D., Thomas Brown, M.D., and John T. G. Leach, M.D., Concord ; Dr. Thomas Wallace, Derry ; and Dr. James F. Sargent, Hopkinton, were elected Fellows of the Society.

Dr. Hill, of Northwood, addressed the Society upon the subject of quackery ; and the president (Prof. Mussey) made a very interesting report, as chairman of a committee, upon the situation, as respects health and morals, of operatives in manufacturing establishments.

There were more members present at the meeting than for twenty years past ; and more patients came before the Society for advice than ever before ; which speaks favorably for the standing of the regular profession in this State.

Domestic Quackery.—In the midst of a host of pretenders to the art of healing, as bold, reckless and secretive, as ever flourished on terra firma, a new candidate for fame has started up under the talismanic guise of a German doctor, who bids fair to interfere with the regular system of quackery to which the country has become accustomed. This is considered by them as an imposition, inasmuch as it clashes with their regular business. The advertisement issued by this interloper, which has been widely distributed over all New England, has the following clause in it, viz. "*Dr. L— is able to ascertain the nature of all kind of diseases by an examination of the urine, which should be taken from the patient in the morning, in a clean phial. For the examination of which, one dollar is to be paid by each patient. He will also attend to throat distemper, quinsy, smallpox, and all other diseases.*" Were this an original contrivance for gulling stupid, ignorant, ailing ones, we should be willing to give proper credit for the ingenuity of the impostor ; but he is at least sixty years too late—the self-same scheme having been practised in England so extensively, that government was obliged to interfere and put a stop to the transportation of bottles of urine with which post-coaches were laden,

sent for the sage inspection of a German adventurer in London, by those who enjoyed the privilege of franking. But there is nothing too absurd for the age, or for those who can least afford to be cheated out of health and money. The doctor's office is said to look like a depot of mineral water—jugs, flasks and phials are constantly accumulating, so that by the sale of the empty ones, alone, it will prove a profitable business.

Irregular Practitioners.—At the last annual meeting of the Massachusetts Medical Society, the following by-law was made, and it was voted that it be published.

"If any licentiate of this Society or Doctor in Medicine, graduated either at Harvard University or at the Berkshire Medical Institution, shall neglect to obtain admission as a Fellow of this Society, according to the method of the 53d By-Law, for one year after he is entitled to the same, he shall be deemed an irregular practitioner; nor shall he afterwards be admitted as a Fellow of the Society, unless he make a representation of his case in writing to the Counsellors, and satisfy them that he has had good reasons for not pursuing the steps necessary for his admission as a Fellow within the time above specified. In every such case, the Counsellors shall decide by vote whether the reasons are or are not satisfactory, and the result shall be communicated to the applicant by the Corresponding Secretary; whereupon, if the result be favorable to the applicant, and he sign the By-Laws, according to the 53d By-Law, within three months, he shall be admitted as a Fellow; and not otherwise."

Medical Miscellany.—Many cattle have died of late, in Piscataway, New Jersey, of an anomalous disease, but which, however, is said to resemble hydrophobia. They foamed at the mouth, refused food and drink, and furiously attacked those who approached them. They died in violent convulsions.—Dr. Farnham, of Batavia, N. Y., has been convicted of using means (mandragora) to take away the sense of consciousness from his patients, preparatory to rifling their pockets.—Accounts of the prevalence of smallpox reach us from all sections of the country—almost invariably introduced by the tremendous influx of foreigners.—The British and Foreign Medical Review gives an account of a woman who has gone through the *Cæsarean operation* four times, successfully. From 1800 to 1833, this dangerous operation was performed on the continent one hundred and ten times; forty-eight of them successful to the mother. Out of the whole, sixty-seven children were born alive; twenty-nine were dead before extraction, which was imputed to tardiness in the process.—Nux vomica has been found serviceable in dyspepsia—the doses of strychnine are from one twelfth to one sixth of a grain. This is rather too homœopathic to get into favor with philosophical practitioners.—Dr. Dunglison gives a favorable notice of the results of compression in various diseases. He says that Dr. Dudley, of Lexington, Ky. has long been in the habit of using bandages extensively in various surgical affections, with marked advantage.—The mean age in the English army, is presumed to be 26 years.—Out of 100 deaths in Bengal, 26.8 were from fevers; 7.3 from hepatitis; 30.5 from dysentery, and other bowel complaints; 19.8 from cholera; 4.6 from pulmonic diseases, 1.9 of which were phthisis pulmonalis; leaving, says the above named Journalist, only 11 produced by other diseases.

TO CORRESPONDENTS.—"H.'s" remarks on the medical treatment of insanity are received, and will soon be inserted in the Journal.

DIED.—In this city, Dr. Harvey N. Preston, of Plymouth.—At Northampton, Dr. David Hunt, aged 64.—At Paris, Dr. J. M. Pringle, of Charleston, S. C.

Whole number of deaths in Boston, for the week ending July 15, 25. Males, 15—Females, 10.

Consumption, 9—suicide, 1—drowned, 1—croup, 2—dropsy, 9—typhus fever, 1—disease of the heart, 1—inflammation of the liver, 1—fits, 1—paralysis, 1—smallpox, 1—inflammation of the brain, 1—scarlet fever, 1—king's evil, 1.

BERKSHIRE MEDICAL INSTITUTION.

THE Annual Course of Lectures for 1837, will commence the last Thursday in August and continue thirteen weeks.

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| Theory and Practice of Medicine and Obstetrics, by | H. H. CHILDS, M.D. |
| Pathological Anatomy, by | E. BARTLETT, M.D. |
| Materia Medica and Pharmacy, by | DAVID PALMER, M.D. |
| Botany, Chemistry and Natural Philosophy, by | C. DEWEY, M.D. |
| Surgery and Physiology, by | W. PARKER, M.D. |
| General and Special Anatomy, by | R. WATTS, JR., M.D. |
| Legal Medicine, by | HON. HENRY HUBBARD. |

Fee for the Tickets of all the Professors, \$50. Those who have attended two full courses at an incorporated medical school, \$10. Graduation, \$15. Board not exceeding \$2 per week.

By an act of the Legislature of Massachusetts, passed April, 1837, the Berkshire Medical Institution is constituted an *Independent Medical College*, with authority to confer degrees, and the graduates are entitled to all the privileges and immunities which pertain to the medical graduates of Harvard University.

By a vote of the Massachusetts Medical Society, passed the 31st of May last, the graduates of the Berkshire Medical Institution, are ex officio entitled to admission as Fellows of said Society.

C. DEWEY,

Dean of the Faculty,

July 19—6t

MEDICAL SCHOOL OF HARVARD UNIVERSITY.

THE Medical Lectures in Harvard University will begin on the first Wednesday in November, in Mason street, Boston, at 9 o'clock, A. M., and continue thirteen weeks. For the following four weeks, the Hospital and Dissecting room will be kept open, and some Lectures will be given, without additional expense, to such students as may remain.

The following Courses of Lectures will be delivered to the class of the ensuing season.

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| Anatomy, and the Operations of Surgery, by JOHN C. WARREN, M.D. | Fee. |
| Chemistry, by JOHN W. WEBSTER, M.D. | \$15 |
| Midwifery and Medical Jurisprudence, by WALTER CHANNING, M.D. | 10 |
| Materia Medica and Clinical Medicine, by JACOB BIGELOW, M.D. | 10 |
| Principles of Surgery and Clinical Surgery, by GEO. HAYWARD, M.D. | 10 |
| Theory and Practice of Physic, by JOHN WARE, M.D. | 15 |

By an additional act of the Legislature of Massachusetts, the opportunities for the study of Practical Anatomy are now placed upon the most liberal footing, and an ample supply of subjects for the wants of science will be legally provided at a small expense.

The Massachusetts General Hospital is open without fee to students attending the Lectures of the physicians and surgeons. Clinical Lectures are given several times in each week, and surgical operations are frequent.

To the Medical College is attached a Medical Library, a costly and extensive Chemical Apparatus, and Collections illustrative of Midwifery, Materia Medica, and Healthy and Morbid Anatomy.

WALTER CHANNING,

Dean of the Faculty of Medicine.

Boston, July 5, 1837.

tNov. 1.

THEODORE METCALF—APOTHECARY,

NO. 33 Tremont street, ten doors north of the Tremont House, devotes his chief attention to compounding prescriptions; and assures physicians that, in his establishment, no persons will be entrusted with this duty, except those of skill and experience, and no articles used but those of the best quality.

T. M. keeps no *quack medicines*, but chooses to rely for support upon regular practitioners and their patients. He is permitted to refer to Drs. Jackson and Reynolds.

May 24.

3m

TO MEDICAL STUDENTS.

THE undersigned are associated for the purpose of instructing in all the branches of Medicine and Surgery. A suitable room will be provided, and pupils will have the use of an extensive medical library, opportunities for seeing the practice of one of the districts of the Dispensary and of the Eye and Ear Infirmary, and of attending a course of lectures on the diseases of the eye.

A regular course of recitations and examinations will include all the required professional works.

Anatomical instruction and private dissection will form a prominent part in the study of the pupils. For further information, apply to either of the subscribers.

JOHN JEFFRIES, M.D.

R. W. HOOPER, M.D.

Franklin Street, Nov. 9, 1836.

July 19—6m

JOHN H. DIX, M.D.

THE BOSTON MEDICAL AND SURGICAL JOURNAL is published every Wednesday, by D. CLAPP, JR. at 184 Washington Street, corner of Franklin Street, to whom all communications must be addressed, *post-paid*. It is also published in Monthly Parts, each Part containing the weekly numbers of the preceding month, stitched in a cover. J. V. C. SMITH, M.D. Editor.—Price \$3.00 a year in advance, \$3.50 after three months, and \$4.00 if not paid within the year.—Agents allowed every seventh copy *gratis*.—Orders from a distance must be accompanied by payment in advance, or satisfactory reference.—Postage the same as for a newspaper.